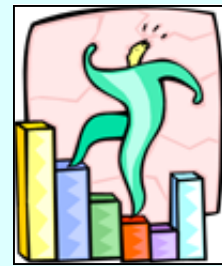


## **½ hour of "me" time**

No big story here. Just thought I'd share what has helped me find "new" ways to exercise. I was a stay-at-home mom and exercised very regularly, usually while my kids were napping. I looked forward to it because it gave me more energy and I liked the way it made my body look. Well, now I'm back to work full-time. Between that and continuing to do my husband's business out of our home, and dinner and laundry and.... I couldn't seem to find the time to exercise, and it was driving me crazy!

Now, I park further out so that I can **POWER** walk into work and I take the steps up and down instead of the elevator (and I'm on the 5th floor). It's just a little bit, but at least it's something. I am also finding just ½ hour as often as I can to turn on a funny, no-brainer, sitcom and get on my elliptical. Sometimes it's after I get dinner ready; sometimes it's after the kids go to bed. **It's ½ hour of "me" time.**



*No matter how tired I am, it always makes me feel better.  
I encourage everyone to do what works for them,  
but get a little exercise somehow! You'll have  
more energy and you'll feel better about yourself!  
It's worth it!*

Jen Eyde, Michigan Department of Agriculture